

## Tuna and White Bean Salad

This is a wonderful salad for hot summer night suppers. It goes together quickly and when served with a whole grain bread or cracker is very satisfying.

Vegetables are the foundation of this dish making it a good illustration of the Mediterranean diet principles. Parsley is a staple herb and it is as to grow your own.

Yield: Makes 4 servings (serving: 1 ½ cups)

1 ½ cups chopped peeled cucumber (1 medium)

½ cup chopped fresh parsley

½ cup thinly sliced red onion

1 ½ Tbsp fresh lemon juice

1 Tbsp extra virgin olive oil

½ tsp salt

¼ tsp black pepper

1 (15.5-ounce) can cannellini beans, rinsed and drained

2 (6-ounce) can chunk light tuna, drained or canned salmon

1 (2-ounce) jar diced pimento, drained or ½ roasted red pepper (optional)

Pre-Preparation tip:

The night or morning before making this recipe: place the cucumber, parsley, onion, tuna, beans, and pimento in the refrigerator to chill.

### Directions:

1. Wash and prepare vegetables. Open canned foods and drain.
2. In a small bowl stir together the lemon juice, olive oil, salt, and pepper.
3. Place cucumber, parsley, onion, beans, tuna, and pimento in a large bowl.
4. Drizzle the dressing over ingredients and toss to coat.
5. Refrigerate for 5-10 5 minutes before serving.

### Nutritional Information: (per serving)

Calories: 278

Fat: 4.7 g (15% of calories)

Saturated Fat: .8 g

Protein: 31 g

Carbohydrates: 28 g

Cholesterol: 26 mg

Iron: 5.4 mg

Sodium: 574 mg

Fiber: 6.2 g

Calcium: 114 mg